INSTANTS
MAGAZINE

RÉ

Ile de Ré, land of sustainable escape

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LA COUARDE-SUR-MER WELCOME DESK

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17670 LA COUARDE-SUR-MER

LES PORTES-EN-RÉ WELCOME DESK

6, place des Marais de la Prée
17880 LES PORTES-EN-RÉ

RIVEDOUX-PLAGE WELCOME DESK

104, rue du Comte d'Hastrel
17940 RIVEDOUX-PLAGE

SAINT-MARTIN-DE-RÉ WELCOME DESK

2, avenue Victor Bouthillier
17410 SAINT-MARTIN-DE-RÉ

LE BOIS-PLAGE-EN-RÉ WELCOME DESK

Rue des Barjottes
17580 LE BOIS-PLAGE-EN-RÉ

LA FLOTTE WELCOME DESK

Quai de Sénac
17630 LA FLOTTE

LOIX WELCOME DESK

Place du Marché
17111 LOIX

SAINT-CLÉMENT-DES-BALEINES WELCOME DESK

8, place de l'Église
17590 SAINT-CLÉMENT-DES-BALEINES

SAINTE-MARIE-DE-RÉ WELCOME DESK

Place d'Antioche
17740 SAINTE-MARIE-DE-RÉ

DESTINATION
Ile de
RÉ
iledere.com

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The providers mentioned in this guide are 2023 partners of Destination Ile de Ré.

Offices de Tourisme de France

QUALITÉ TOURISME

The Destination Ile de Ré Tourist Office has been awarded the national **QUALITE TOURISME ™** mark in accordance with the Offices de Tourisme de France® quality reference system.

Famille Plus VIVRE ENSEMBLE DE BELLES EXPÉRIENCES

TOURISME & HANDICAP RÉPUBLIQUE FRANÇAISE

ACCUEIL VÉLO

©Elvire Noyer

Editorial

Destination Ile de Ré - Tourism Office Team, is pleased to present this new edition of your magazine Instants.

Throughout this magazine, an emblematic showcase of the island, we are keen to highlight the assets of the territory to make your visit a unique and responsible experience.

We know that the conservation of our natural areas must be at the heart of our concerns. L'Ile de Ré is the fourth largest island in mainland France, major tourist destination in all seasons, must be in phase with the aspirations of responsible tourism : a dynamism based on sustainability for a preserved future.

As you read on, let yourself be carried by a natural escape punctuated of cultural and sporting discoveries, authentic encounters and suspended moments. Not forgetting, of course, moments of iodised delicacies around the local products, which will seduce you.

We will also focus on your means of transport by offering you a route for a week of gentle cycling. Because yes, a responsible territory is a territory that favours sustainable mobility.

Take time also, to focus on the ten good reasons to visit l'Ile de Ré.
Ten villages that will charm you, each in their own way.

Good reading and see you soon on “Ré”
to enchant the world!

Logbook

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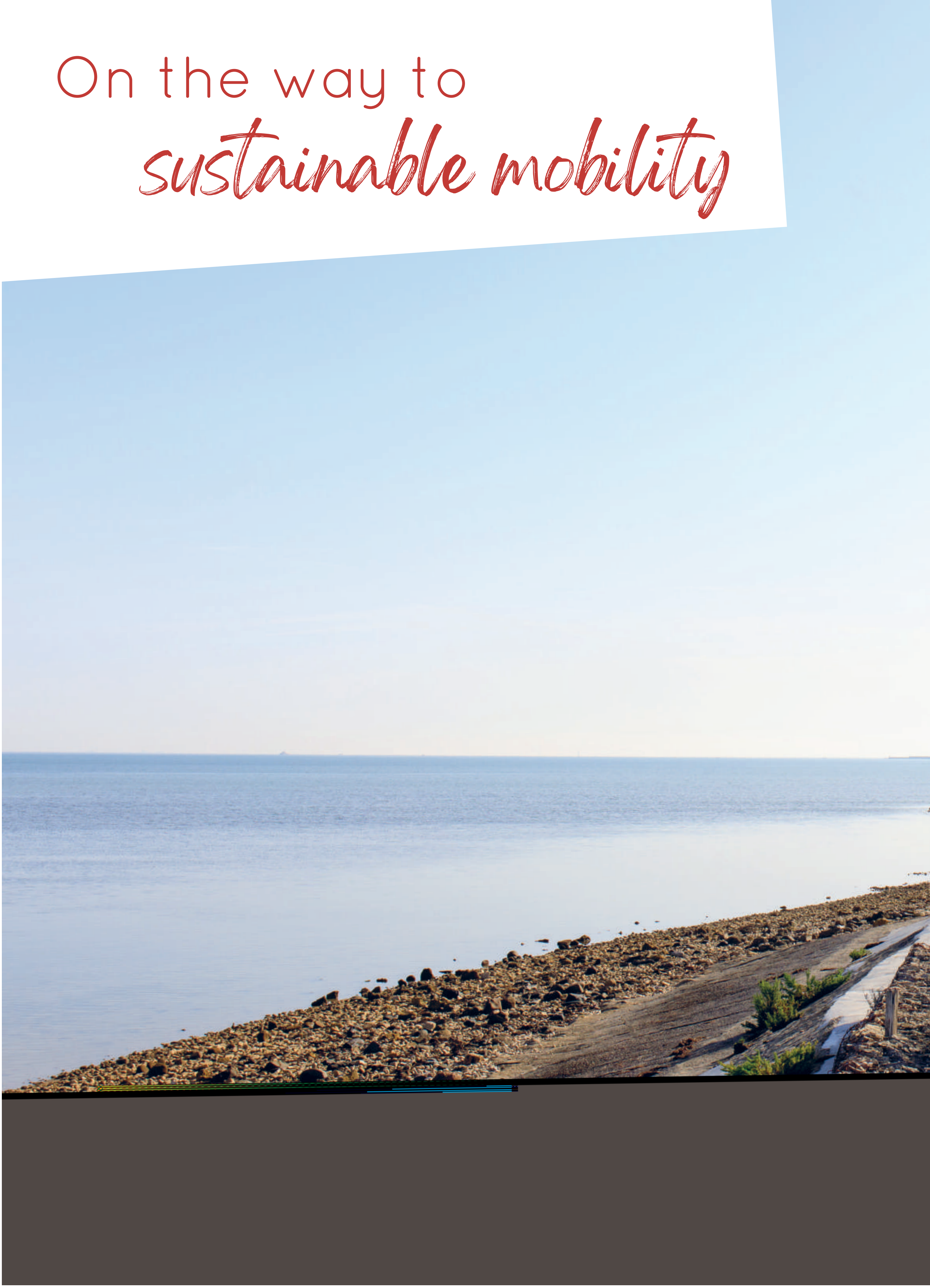
On the way to *sustainable mobility*



BISCUITS M. ROUCHIER
SUPÉRIORITÉ RECONNUE
JULES VERNE
VOYAGES EXTRAORDINAIRES
LES ILES DE L'OCÉAN
Eglise de St Martin de Ré
ALIX L'INTRÉPIDE
RÉ EN 1627
L'ÉNIGME DE L'ATLANTIDE
LA BALLADE DE LA MER SALÉE
TINTIN
Astérix

Loix

A unique place: l'Atelier Quillet

For several decades, L'Atelier Quillet has remained an essential part of the local and cultural landscape. In 2007, it was awarded the "Live Heritage Company". This unique place, which brings together a document restoration workshop and an antique bookstore of 400 m^2, marvellously combines contemporary and the charm of authenticity. Olivier Quillet, Juliette Merlaud, Pierre-Antoine Galmiche and Sarah Degorces welcome you all year round and help you to make your choice. To complete the experience and suspend time, between the workshop and the bookstore, you can enjoy a gourmet break in the literary café.

COGNAC BRIERE

The literary café

What could be more pleasant than to cultivate one's knowledge comfortably settled in a place where literature and gourmandise mingle? Between homemade pastries and biscuits, organic coffee from a roaster and resident of Loix, hot chocolate for those with a sweet tooth, organic fruit juices produced in a short circuit and a selection of local beers, the Library Quillet will welcome you all year round in a casual and warm setting.

The workshop

A true national reference in the field of conservation, restoration and binding of old documents, L'Atelier Quillet stands out for its traditional manual know-how, practised on a daily basis by nearly 36 professionals divided into different areas of expertise: restoration of book blocks, binding, gilding and restoration of iconographic documents. Between patience and meticulousness, it is a whole world that works every day for the benefit of the written heritage and its wonders. During a guided tour, you will discover these different skills and the issues involved in each type of document. These visits are organised on Tuesdays and Thursdays, by booking only, for a maximum of 15 people, at a cost of 5 euros per person.

This is an opportunity, for example, to discover the restoration process of a 13th century parchment or an 18th century binding.

The bookstore

Mixing old books, second-hand comics, maps and charts, posters, engravings, paintings and other historical documents, you will discover this exclusive selection in a careful presentation of the shelves, which are classified by theme, author or period. You will always find what you are looking for, or what your loved ones are looking for, while enjoying an unusual experience. Let yourself be seduced by the timeless charm of books from your childhood, surrounded by the great classics, or be curious and opt for novels with a more modern feel.

The events

Since its creation, L'Atelier Quillet has been committed to expanding its activities by developing cultural events throughout the year: dinner conferences, book signings, promotion of authors and know-how from here and there, musical and theatrical readings, concerts, etc. These projects are driven by the desire to meet people and share new experiences, which are constantly expanding over time. Exhibitions also animate the bookstore's "gallery" space, highlighting the work of artists or the collections of collectors on themes related to heritage and manual skills. All these projects illustrate the spirit of this exceptional place.

Atelier Quillet
ENTREPRISE DU PATRIMOINE VIVANT

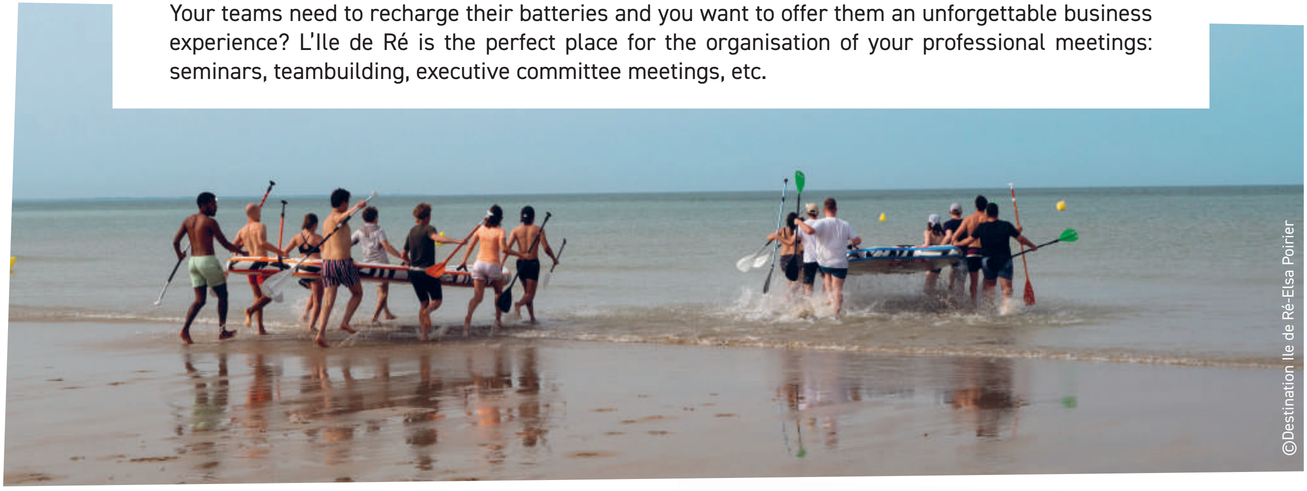
7 Chemin du Corps de Garde
Village Artisanal - 17111 Loix
Tél. +33 (0)5 46 29 04 25
atelier@quillet.fr / librairie@quillet.fr
www.quillet.fr

Bookstore open all year long
10am-12.30pm / 2pm-6.30pm
From Monday to Sunday: from April to September
From Monday to Saturday: from October to March

Photos: ©Aline Nédélec, ©Atelier Quillet,
©Destination Ile de Ré-Pablo Lebrun

Business tourism (MICE) and tailor-made expertise

Your teams need to recharge their batteries and you want to offer them an unforgettable business experience? L'Ile de Ré is the perfect place for the organisation of your professional meetings: seminars, teambuilding, executive committee meetings, etc.



©Destination Ile de Ré-Elsa Poirier

AN IDEAL SPOT

Welcome to an eco-responsible island, where you can come all year long, especially during spring and autumn. Ideally located, you can easily be on the island in a few hours, travelling by train or by plane, from La Rochelle's train station!

©Jules Serrurier

©Destination Ile de Ré-Laura Gay

©Destination Ile de Ré-Camille Pinot

©Destination Ile de Ré-Camille Pinot

PERSONALISED ACTIVITIES

Adventurers? Take part in sailing trips or challenge yourselves during sports Olympics on the beach. Concerned by the cultural heritage of the island? Go on a guided tour to discover the island's historical assets or visit the salt marshes to learn everything about our salt, one of the most famous in France. Gourmets? What about a bike ride around local products, with oysters tasting or oenology initiations? Looking for calm and serenity? Opt for a moment of wellness in a thalassotherapy centre!
Your project is ours.

"IODIZED" WORK SESSIONS...

and much more to combine pleasure and comfort, we can organise your seminar in one of the three-thalassotherapy centres of the island. Seminar rooms, luxury hotel offer and refined cuisine... all the ingredients to make your stay a success.

©Destination Ile de Ré-Camille Pinot

SUITABLE CAPACITIES

Hotels, campsites or tourist residences, the possibilities of accommodation and seminar rooms are numerous and varied, and can be adapted to meet your expectations.

©Destination Ile de Ré-Camille Pinot

LOCAL AND GOURMET GASTRONOMY

Let yourself be tempted by exceptional restaurants, open all year long, where local products are carefully selected and where renowned chefs want to share their know-how.
And what about meeting the oyster farmers and passionate wine producers for tasting initiations?

CONTACT FOR MICE PROFESSIONNALS:

Tailor-made expertise department
and let us surprise you!

Camille Pinot – MICE Manager: +33 (0)6 37 72 76 58
Laura Gay – Groups Officer: +33 (0)6 08 07 71 97

+33 (0)5 46 09 00 55 - groupes@iledere.com

Our LinkedIn

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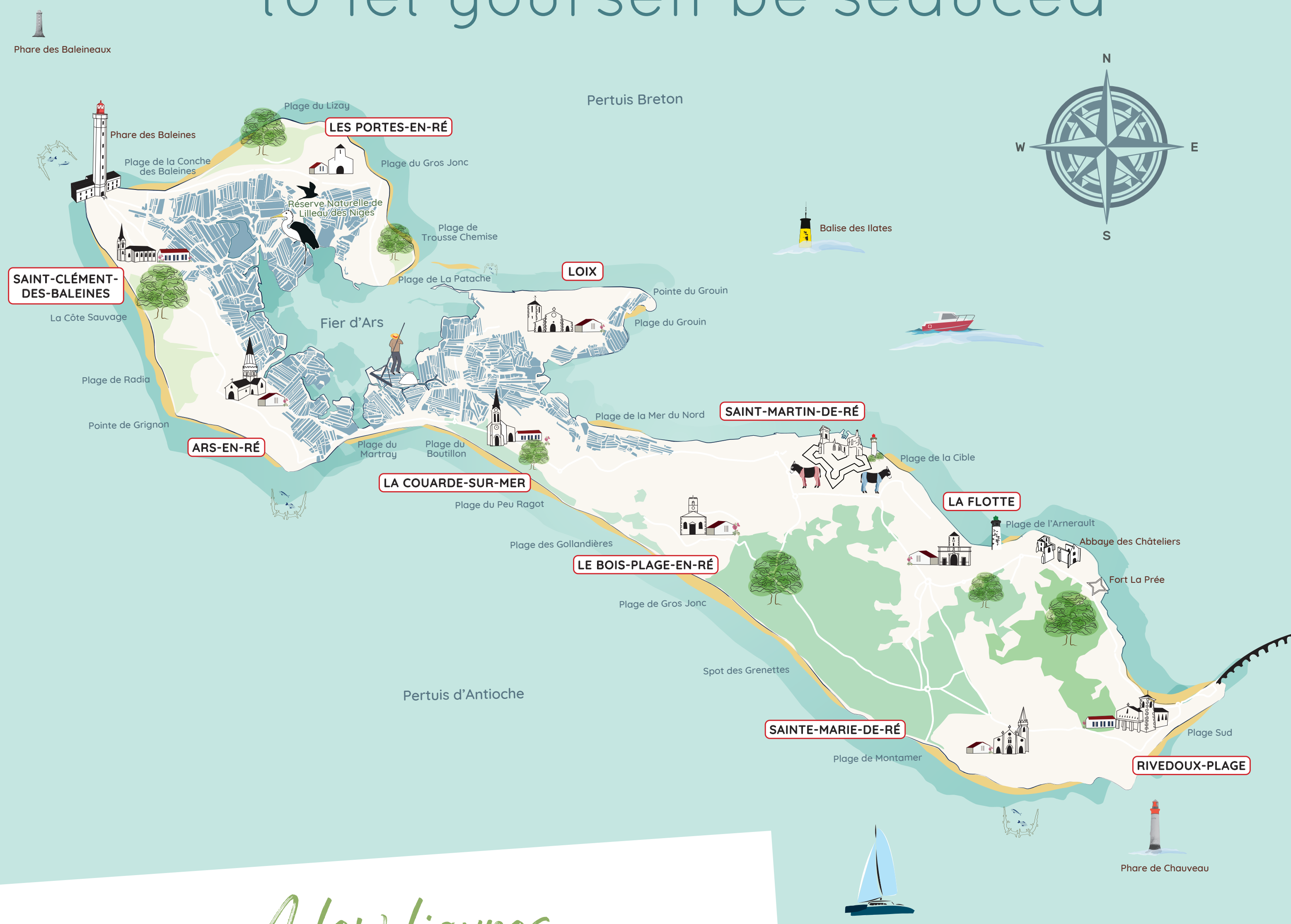
Ten good reasons
to let yourself be seduced


Phare des Baleineaux
Pertuis Breton
N
W
E
S
Plage du Lizay
LES PORTES-EN-RÉ
Phare des Baleines
Plage de la Conche des Baleines
Plage du Gros Jonc
Réserve Naturelle de Lilleau des Niges
Plage de Trousse Chemise
Balise des Ilates
SAINT-CLÉMENT-DES-BALEINES
Plage de La Patache
LOIX
Pointe du Grouin
La Côte Sauvage
Fier d'Ars
Plage du Grouin
Plage de Radia
Plage de la Mer du Nord
SAINT-MARTIN-DE-RÉ
Pointe de Grignon
ARS-EN-RÉ
Plage du Martray
Plage du Boutillon
Plage de la Cible
LA COUARDE-SUR-MER
LA FLOTTE
Plage du Peu Ragot
Plage de l'Arnerault
Abbaye des Châteliers
Plage des Gollandières
LE BOIS-PLAGE-EN-RÉ
Fort La Prée
Plage de Gros Jonc
Spot des Grenettes
Pertuis d'Antioche
SAINTE-MARIE-DE-RÉ
Plage Sud
Plage de Montamer
RIVEDOUX-PLAGE
Phare de Chauveau

A few figures

Bridge of l'Ile de Ré 2,695 km
Built in 1988

80%
NON-CONSTRUCTIBLE land

100 km of coast

580 ha
of vineyards

351
bird species observed

1600 ha of marshes
including 450 of salt marshes

nearly **2000 t of coarse salt**
harvested annually

138 km
of cycle paths

520 ha
of oyster farms

2700 h of sunshine / year*

* *(source : https://fr.climate-data.org)*

An accessible destination *for everyone !*

The 10 Welcome Desks of Destination Ile de Ré have the "Tourism and Disability label".
This mark allows you to identify in a reliable, homogeneous and objective way of identifying sites and tourist facilities accessible to people with hearing, mental, motor and visual disabilities.
In each Welcome desk, friendly staff are at your disposal, equipped with tools adapted to different disabilities.

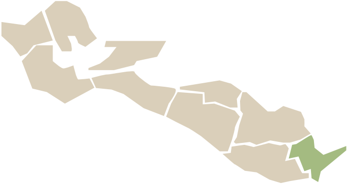
Find the list of labelled partners and the Accessibility Guide at the 10 visitors' offices or on iledere.com/accessibilité

North beach ©Mathieu Génon

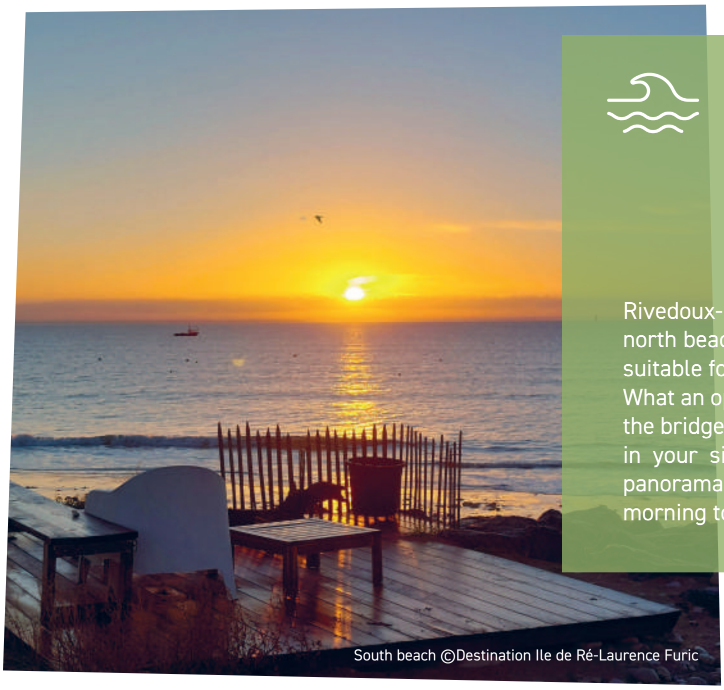
Rivedoux-Plage

Terre saine
Communes sans pesticides

Villes et Villages Fleuris
LE LABEL NATIONAL DE LA QUALITÉ DE VIE



Once you have crossed the bridge, you can see the Pointe de Sablanceaux, which stretches out and opens its arms onto Rivedoux-Plage. The village invites you all year round to enjoy its pleasant market and to venture on the coastal path of Le Défend where the Chauveau lighthouse watches over the sailors. In all seasons, enjoy beautiful walks in the forest. Nature is omnipresent in this classified and protected area. Don't forget to stop at the small fishing harbour on the edge of the Pertuis Breton.


South beach ©Destination Ile de Ré-Laurence Furic

WAVE A PART WITH

Laurence
Welcome Desk Manager of Rivedoux

« MY IODINE WALK »

Rivedoux-Plage has the advantage of being bordered by two beaches: the north beach its small harbour and the oyster parks and the south beach, suitable for swimming.
What an opportunity to walk along the seafront the cornice with a view of the bridge and then along the south beach, with the Chauveau lighthouse in your sights, pause in front of the orientation table to admire the panorama on the channel... My favourite time for this walk: Early in the morning to admire, the sunrise reflected in the water.

A must-have

La Redoute de Sablanceaux, built by the engineer Vauban, under the reign of Louis XIV in 1674, in the middle of the war against the Dutch. It was an essential element for the defence of the island.

Cycle paths ©Mathieu Génon

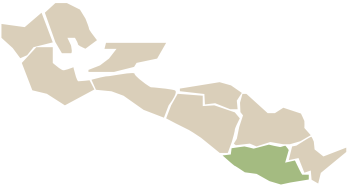
©Destination Ile de Ré-Laurence Furic

GOOD TO KNOW

The inhabitants
of Rivedoux-Plage
are called
the Rivedousaises and
the Rivedousais.

Market ©Mathieu Génon

Sainte-Marie-de-Ré



Between its friendly traders in the Place d'Antioche and Place des Tilleuls, its daily markets passionate craftsmen and a well-stocked accommodation offer, Sainte-Marie-de-Ré has a lot to share. Between the sea and the vineyards, as the seasons go by, you will enjoy wandering in this bucolic, historic and cultural setting. Its wild coastline will not fail to and you will only have to contemplate it to escape.

Fish lock ©Mathieu Génon

WAVE A PART WITH

Dominique Chevillon
President of ADPIR
(Association for the Defence of Fish Locks on l'Ile de Ré)

« A REMARKABLE HERITAGE »

The first evidence of stone locks or fisheries on l'Ile de Ré dates back to the beginning of the 11th century. They probably existed before that. Today, there are 14 of them in activity, after having been 140 during the inventory of 1727. Built on the foreshore, discovered at low tide, they are the signature of our seascapes. A true originality of the island, they part of a unique historical heritage.

GOOD TO KNOW

The inhabitants
of Sainte-Marie-de-Ré
are called
the Maritaises and
the Maritais.

A must-have

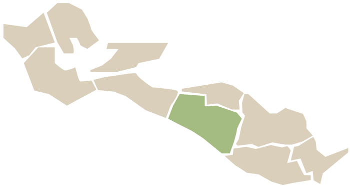
Recognisable by its 14th century gothic spire, the bell tower of Sainte-Marie-de-Ré is located in the centre of village, situated 20 metres high and allows you to overlook a unique landscape.

The bell tower of Sainte-Marie ©Jules Serrurier

Alley of Sainte-Marie ©Mathieu Génon

Estacade ©Destination Ile de Ré-Laurence Furic

Le Bois-Plage-en-Ré



Family-oriented and dynamic, Le Bois-Plage gathers a large number of visitors every summer around its large market nestled in the heart of the village. Nature, for its part, finds its place and allows to complete this charming island landscape. Le Bois-Plage is also a mixture of vineyards and woods bordered by 6 km of fine sandy beaches. A bowl of nature to be consumed without restraint.

WAVE A PART WITH

Maud

Welcome Desk Manager of Le Bois-Plage-en-Ré

« AROUND THE MARKET »

On the way to breakfast at the Plage des Gollandières, a short morning stroll before heading to the market (the largest on the island from April to September) which the opening to be in full swing as we approach midday.

Market ©Mathieu Génon

Plage des Gollandières ©Mathieu Génon

GOOD TO KNOW

The inhabitants of
Le Bois-Plage-en-Ré
are called
the Boitaises and
the Boitais.

A must-have

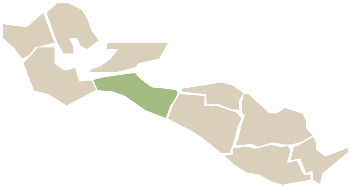
The Moulin de Bel-Air is the last of the 12 mills on the island to have kept its wings.

©Mairie

Cycle paths ©Mathieu Génon

La Couarde-sur-Mer

Terre saine
Communes sans pesticides



La Couarde-sur-Mer is the ideal starting point for your bike rides. Endowed with a labyrinth of flowery alleys, the village invites you to let go and get lost in a colourful and fragrant alleyway. And for water sports enthusiasts, there is a single stretch of beach that will invite you to practice sailing, paddle or simply to contemplate this iodized landscape. Don't forget to take advantage of its nautical base and its two-hectare stretch of water for sporting initiations in complete safety!

Goisil ©François Blanchard

WAVE A PART WITH

Chrystelle
Welcome Desk Manager of La Couarde-sur-Mer

« A PICTURESQUE STOPOVER »

Discover the north coast of La Couarde and let yourself be charmed by the Goisil channel. The landscape and atmosphere of this picturesque place change with the tides and the seasons. It is a soothing and inspiring place where time seems to stand still.

Market ©François Blanchard

A must-have

Brick base topped by a wooden structure, take the time to stop at the last to stop at the last bandstand on l'Ile de Ré. Leaning against the church and built in 1895, it was completely renovated in 1989 thanks to various grants and the generosity of the residents of this village.

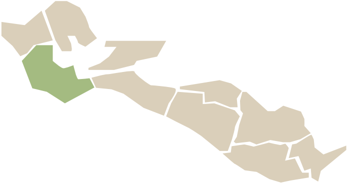
Vineyards ©Mathieu Génon

GOOD TO KNOW

The inhabitants of
La Couarde-sur-Mer
are called
the Couardaises and
the Couardais.

©Clo et Clem

Ars-en-Ré



A village of stones and water, Ars-en-Ré opens onto two channels: the beaches on the channel side of Antioche and the harbour which gives access to the Pertuis Breton by the Fier d'Ars. Rich of its numerous salt marshes, the village invites you to discover authentic crafts.

WAVE A PART WITH

The association of "Le Tambours d'Ars"

The Plage de la Grange is a family-friendly place in Ars where young and old alike. Children love the beach at low tide to to make sand castles, to fish for crabs and shrimps under the benevolent gaze of the grannies. At high tide, the pier is used as a diving board for teenagers. "Les Frères de la Côte", a bar-restaurant facing the ocean, is a meeting place for people from here and elsewhere, of all classes. The craftsmen come here in the morning for a coffee, holidaymakers for a plate of seafood, children for an ice cream in the afternoon and young people for a beer at sunset.

Plage de la Grange ©Mathieu Génon

The bell tower ©Mathieu Génon

A must-have

Visible for miles around, the black spire of the bell tower will not fail to catch your eye. The one that serves as a bitter is located in the centre of the village, a place of emotion and life in part, thanks to its market, which is considered to be one of the most beautiful on the island.

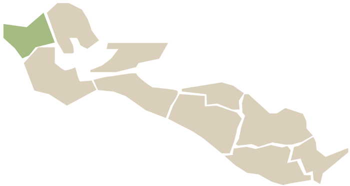
GOOD TO KNOW

The inhabitants of Ars-en- Ré are called the Arsaises and the Arsais. Some will even use the name "Casseron" in a nod to these molluscs, which were fished for a long time on the coast by the inhabitants.

Harbour ©Mathieu Génon

©Mathieu Génon

Saint-Clément-des-Baleines



With its exceptional location between marshes, forests and long stretches of fine sand, Saint-Clément is dominated by its famous Phare des Baleines lighthouse, from which the view from the top is breathtaking. To take a breath of fresh air and feel lighter, the village of Saint-Clément-des-Baleines is the ideal place. Nature lovers, you will also find what you need here.

©Destination Ile de Ré-Laurence Furic

A must-have

The whale museum, at the bottom of the old tower, reveals the astonishing history of lighthouses and their construction methods. In an environment to discover, children and adults alike will be amazed.

GOOD TO KNOW

The inhabitants of Saint-Clément-des-Baleines are called the Villageoises and the Villageois.

©Destination Ile de Ré-Mathieu Beaulieu

WAVE A PART WITH

Dany

Resident of Saint-Clément-des-Baleines

« This is my Ile de Ré

Here she is, near me, the sea
Changing and bewitching
With its rebellious character
And its waves breaking
Yes, this is my Ile de Ré

How can I not love her?
By the fine sand of the beach
Dotted with a few pebbles
Giving it a wild side
But which knew how to tame me

Yes ...
I love the sand dunes
When the morning dew
Gives back to the wild carnations
The freshness and a sweet perfume

Yes ...
These are winding roads
Dotted with passeroses
With colours so bright
Whose sweetnesses rest me

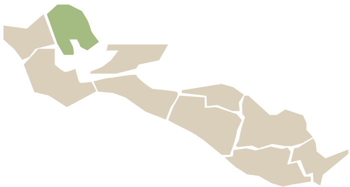
Yes ...
Along this marsh filled with water
I can hear the egrets complaining
The cawing of the crow
The high-pitched cry of the seagull

Yes ...
It is also the setting sun
That sets the horizon ablaze
It lays on the ocean
A bouquet of nameless flowers

Yes ...
Yes, this is my Ile de Ré
This little corner of paradise
Yes, it's her who makes me dream!
By its infinite charm. »

Alley ©Mathieu Génon

Les Portes-en-Ré



Located at the very end of the island, the village of Les Portes-en-Ré is revealed in a setting where nature, preserved and wild, dominates. The light, which culminates there, reveals colours with a thousand faces which have inspired many painters. Many workshops are open to the public to better understand the work of the local artists who work there.

©Destination Ile de Ré-Elsa Poirier

WAVE A PART WITH

Océane
Communication Manager of Destination Ile de Ré

« DISCONNECTION GUARANTEED »

It was with a visit to the Lilleau des Niges natural reserve, managed by the LPO, that I took the road to Les Portes-en-Ré for the first time. Along the way, as I got closer to the the village, nature gives the impression of becoming denser. A feeling of freedom and reverie intrude and invite you to disconnect.

A must-have

The dune house, an indispensable bulwark against erosion and a remarkable protector of the surrounding ecosystem, is one of the places to stop in Les Portes. Decorated with educational panels, you will discover all the secrets of this building accessible free of charge to the young public to learn while having fun.

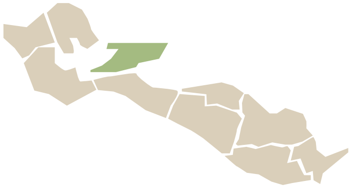
GOOD TO KNOW

The inhabitants of Les-Portes-en-Ré
are called
the Portingalaises and
the Portingalais.

Plage du Petit Bec ©Mathieu Génon

Salt marshes ©Mathieu Génon

Loix



A mosaic of landscapes with its salt marshes as far as the eye can see, between land and sea, Loix invite you to let go. A member of the "Village de Pierres et d'Eau" network with its exceptional heritage, Loix also has a village which offers visits around its crafts all year round. To complete the picture, sports, entertainment and an open-air market make the village a place where life is good.

©Mathieu Génon

WAVE A PART WITH

Chantal
Loix resident

« RESPECT FOR NATURE »

Almost an island within an island, sheltered by its marshes, the village of Loix cultivates a gentle way of life. It has been awarded the Citta Slow label, which promotes activities that respect nature and its rhythms. Active in welcoming foreign visitors by its inhabitants through the Greeters network. It has developed exchanges and conviviality. A bright future for a beautiful village!

A must-have

Do you want to know more about salt farming? The salt marsh eco-museum is the ideal place for a playful immersion in the salt marshes. Between historical discoveries and initiations to the techniques of production techniques, this cultural site will not fail to amaze you.

©Marie Poulizac

©Mathieu Génon

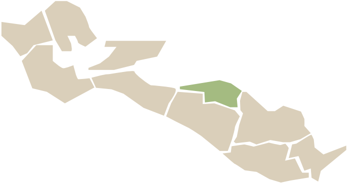
GOOD TO KNOW

The inhabitants of Loix
are called
the Loidaises and the Loidais.

Parc de la Barbette
©Destination Ile de Ré-Jérôme Léchelle

Saint-Martin-de-Ré

Réseau des sites majeurs Vauban



Classified as a World Heritage Site by UNESCO in 2008, the star-shaped fortifications of Saint-Martin-de-Ré are an integral part of the island's emblems. And, if you haven't met them yet, don't forget to visit the famous donkeys in knickers in the pleasant Parc de la Barbette, a few steps from the harbour.

Porte des Campani ©Destination Ile de Ré-Camille Pinot

WAVE A PART WITH

Jérôme
Welcome Desk Manager of Saint-Martin-de-Ré

« NIGHT TOUR »

At nightfall, discover the church tower (its bells, its terrace then walk through the old town and its cobbled streets. You discover Saint-Martin-de-Ré from a different perspective. From the church, Place Anatole France, Rue Mérindot (Maison de la Vinaterie), Rue Suzanne Cothonneau and David Néraud streets as well as the rue de l'Orneau to reach the fortifications and the famous harbour of Saint-Martin on the seafront.

A must-have

Thanks to the Ernest Cognacq Museum, labelled "Musée de France", l'Ile de Ré will no longer hold any secrets for you. A chronological tour with a wealth of archaeological and ethnographic collections, geological birth, UNESCO listed fortifications and other discover how the territory has been shaped over the centuries. One area of the site is entirely dedicated to local painters, to the marine adventure, fashion in the Belle Époque and ceramics.

Musée Ernest Cognacq

©Mathieu Génon

GOOD TO KNOW

The inhabitants
of Saint-Martin-de-Ré
are called
the Martinaises and
the Martinais.

Alley ©Destination Ile de Ré-Laurence Bruneteau

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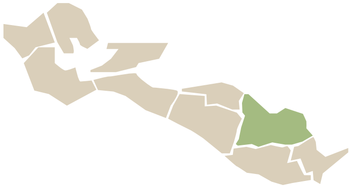
La Flotte



Once a small merchant town and now a listed stone and water village, La Flotte is distinguished by the combination of a strong historical heritage with natural elements such as water. With its typical alleys and its medieval inspired market, the village is the assurance of a successful journey through time.

WAVE A PART WITH

Nathalie
Welcome Desk Manager of La Flotte

« AUTUMN LIGHT »

A time I am particularly fond of, autumn, when the sun starts to decline, the light is just exceptional. Photography lovers, get your cameras ready!

Abbaye des Châteliers ©Jules Serrurier

Marché ©Destination Ile de Ré-Cécile Malivert

A must-have

The Fort la Prée, a unique historical monument built in the 17th century, is a former military building on l'Ile de Ré. This emblematic place of the island will invite you to travel in time and will offer you a magnificent panorama on the landscapes of Ré.

©Le Fort la Prée

GOOD TO KNOW

The inhabitants of Saint-Martin-de-Ré are called the Flottaises and the Flottais.

To extend the experience!

Yes, but how?

Destination Ile de Ré invites you to continue your discovery on the island and to stay informed in real time of the news of the territory by extending your visit on:

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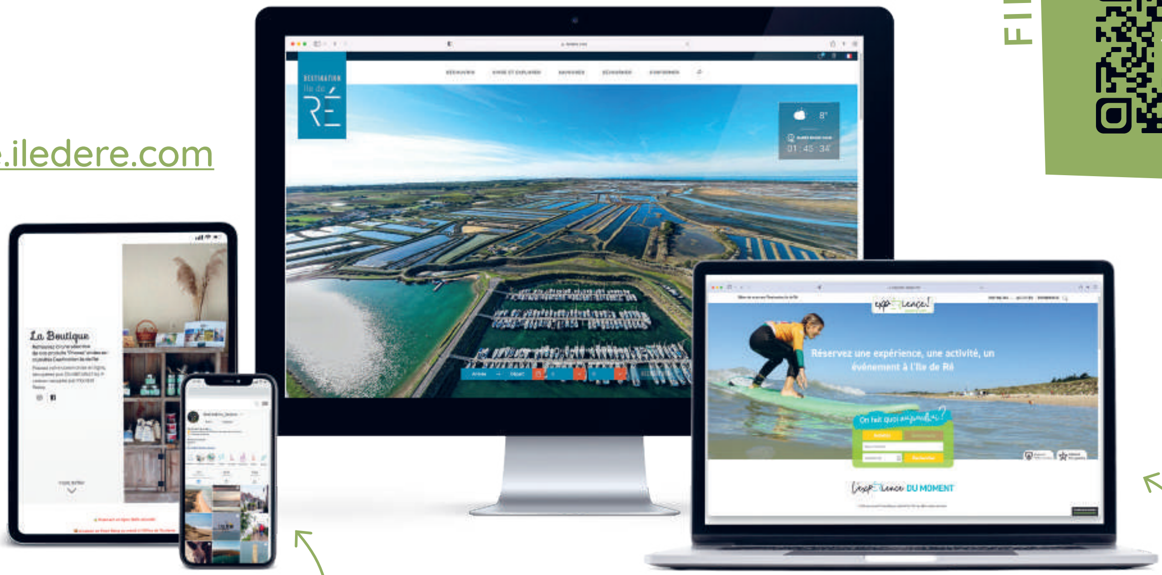
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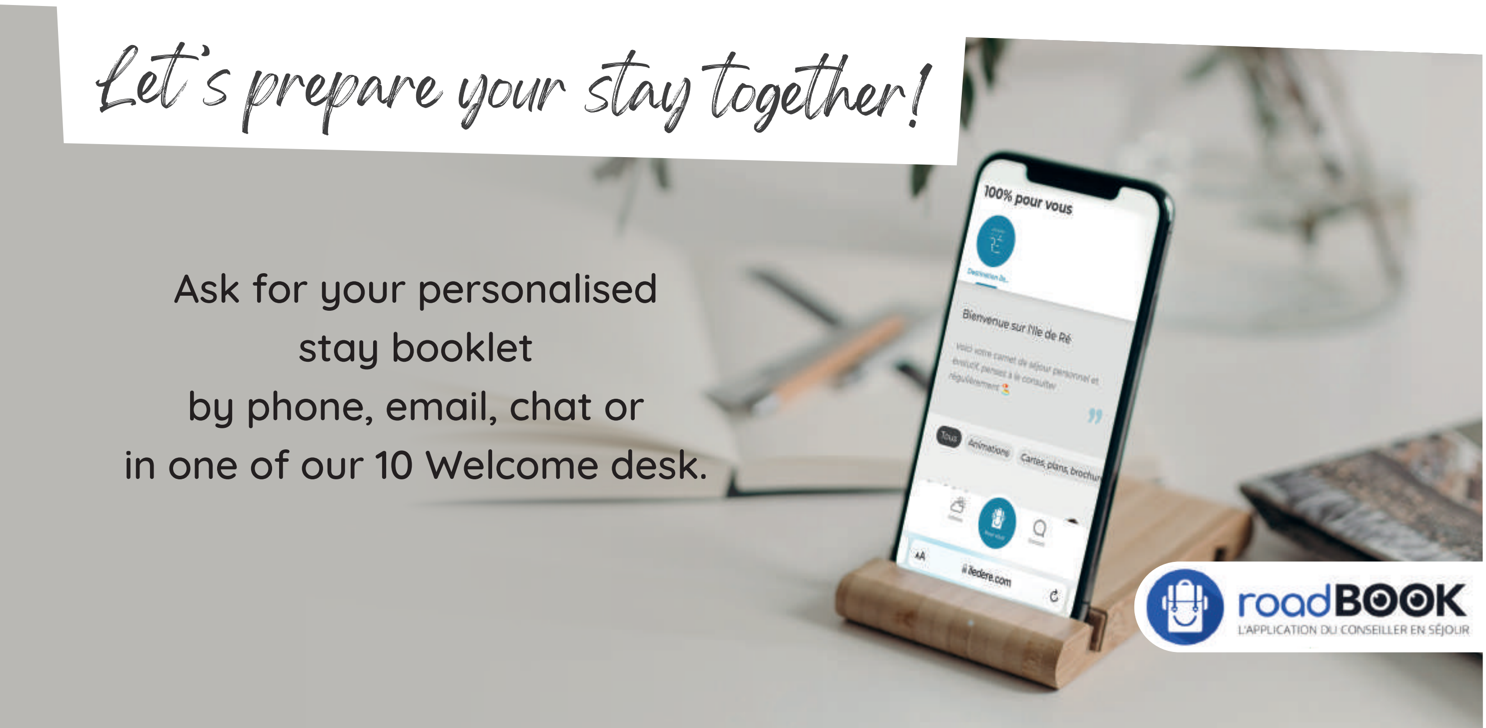
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